WHAT IS CLAIMED IS:

1. A system for detecting, monitoring and reporting human physiological information, comprising:

a sensor device which generates, when placed in proximity with at least a portion of the human body, at least one of data indicative of one or more physiological parameters of an individual and derived data from at least a portion of said data indicative of one or more physiological parameters;

a central monitoring unit remote from said sensor device adapted for the generation of analytical status data from at least a portion of at least one of said data indicative of one or more physiological parameters, said derived data and said analytical status data, said central monitoring unit including a data storage device for retrievably storing at least one of said data indicative of one or more physiological parameters, said derived data and said analytical status data;

data transfer means for establishing at least temporary electronic communication between said sensor device and said central monitoring unit; and

means for transmitting at least one of said data indicative of one or more physiological parameters, said derived data and said analytical status data to a recipient.

2. A system according to claim 1, wherein said sensor device comprises one or more sensors for generating signals in response to physiological characteristics of said individual.

3. A system according to claim 2, wherein said signals comprise said data indicative of one or more physiological parameters of said individual.

4. A system according to claim 2, wherein said sensor device further comprises a processor coupled to said sensors, said processor being programmed to generate said data indicative of one or more physiological parameters of said individual from said signals generated by said one or more sensors.

5. A system according to claim 4, wherein said processor is further programmed to generate said derived data.

6. A system according to claim 5, wherein said sensor device provides feedback to said individual based on said derived data.

7. A system according to claim 4, wherein said central monitoring unit is adapted to generate derived data from at least a portion of said data indicative of one or more physiological parameters of said individual.

8. A system according to claim 4, wherein said processor generates said data indicative of one or more physiological parameters by accumulating said signals generated by said sensors.

9. A system according to claim 8, wherein said data indicative of one or more physiological parameters comprises a summary over a period of time.

10. A system according to claim 4, wherein said sensor device further comprises a memory for storing said data indicative of one or more physiological parameters and said derived data.

11. A system according to claim 1, wherein said central monitoring unit is adapted to generate one or more web pages containing at least one of said data indicative of one or more physiological parameters, said derived data, and said analytical status data, and wherein said means for transmitting makes said web pages accessible by said recipient over the Internet.

12. A system according to claim 7, wherein said central monitoring unit is adapted to generate one or more web pages containing at least one of said data indicative of one or more physiological parameters, said derived data, and said analytical status data, and wherein said means for transmitting makes said web pages accessible by said recipient over the Internet.

13. A system according to claim 11, further comprising a personal computer having web browsing software, said recipient accessing said web pages using said personal computer.

14. A system according to claim 1, wherein said means for transmitting transmits said at least one of said data indicative of one or more physiological parameters, said derived data, and said analytical status data to said recipient over an electronic network.

15. A system according to claim 14, further comprising a personal digital assistant for receiving said at least one of said data indicative of one or more physiological parameters, said derived data, and said analytical status data.

16. A system according to claim 14, further comprising a pager for receiving said at least one of said data indicative of one or more physiological parameters, said derived data, and said analytical status data.

17. A system according to claim 14, further comprising a cellular phone for receiving said at least one of said data indicative of one or more physiological parameters, said derived data, and said analytical status data.

18. A system according to claim 1, wherein said means for transmitting transmits said at least one of said data indicative of one or more physiological parameters, said derived data, and said analytical status data to said recipient in physical form.

19. A system according to claim 18, wherein said physical form comprises a facsimile message.

20. A system according to claim 18, wherein said physical form comprises a piece of physical mail.

21. A system according to claim 1, wherein said recipient comprises said individual.

22. A system according to claim 1, wherein said recipient comprises a third party authorized by said individual.

23. A system according to claim 1, further comprising means for obtaining life activities data of said individual, said life activities data being retrievably stored in said data storage device, wherein said analytical status data is also generated from selected portions of said life activities data.

24. A system according to claim 23, said means for obtaining comprising means for enabling said individual to input said life activities data and transmit said life activities data to said central monitoring unit.

25. A system according to claim 23, said means for obtaining comprising an input device for enabling said individual to input said life activities data, said input device being adapted to transmit said life activities data to said central monitoring unit.

26. A system according to claim 1, wherein said sensor device generates data indicative of one or more contextual parameters associated with said individual, and wherein said analytical status data is also generated from selected portions of said data indicative of one or more contextual parameters.

27. A system according to claim 26, wherein said sensor device comprises one or more sensors for generating signals in response to one or more contextual characteristics.

28. A system according to claim 1, further comprising means for downloading data from said ~~monitoring server~~ central monitoring unit to said sensor device.

29. A method of detecting, monitoring and reporting human physiological information, comprising the steps of:

generating at least one of data indicative of one or more physiological parameters of an individual and derived data from at least a portion of said data indicative of one or more physiological parameters using a sensor device adapted to be placed in proximity with at least a portion of the human body;

transmitting said at least one of said data indicative of one or more physiological parameters and said derived data to a central monitoring unit remote from said sensor device;

retrievably storing said at least one of said data indicative of one or more physiological parameters and said derived data in a storage device;

generating analytical status data from at least a portion of at least one of said data indicative of one or more physiological parameters, said derived data and said analytical status data; and

transmitting to a recipient at least one of said data indicative of one or more physiological parameters, said derived data and said analytical status data.

30. A method according to claim 29, further comprising generating with one or more sensors signals in response to physiological characteristics of said individual.

31. A method according to claim 30, wherein said signals comprise said data indicative of one or more physiological parameters of said individual.

32. A method according to claim 30, wherein said data indicative of one or more physiological parameters of said individual is generated from said signals generated by said one or more sensors.

33. A method according to claim 29, further comprising generating at said central monitoring unit derived data from at least a portion of said data indicative of one or more physiological parameters.

34. A method according to claim 32, further comprising accumulating said signals generated by said sensors.

35. A method according to claim 34, wherein said data indicative of one or more physiological parameters comprises a summary over a period of time.

36. A method according to claim 29, further comprising storing said data indicative of said one or more physiological parameters in a memory prior to said transmitting step.

37. A method according to claim 29, wherein said at least one of said data indicative of one or more physiological parameters, said derived data and said analytical status data are transmitted to said recipient over an electronic network.

38. A method according to claim 37, wherein said at least one of said data indicative of one or more physiological parameters, said derived data and said analytical status data are embodied in one or more web pages generated by said central monitoring unit.

39. A method according to claim 29, wherein said at least one of said data indicative of one or more physiological parameters, said derived data and said analytical status data are transmitted to said recipient in physical form.

40. A method according to claim 39, wherein said physical form comprises a facsimile message.

41. A method according to claim 39, wherein said physical form comprises physical mail.

42. A method according to claim 29, wherein said recipient comprises said individual.

43. A method according to claim 29, wherein said recipient comprises a third party authorized by said individual.

44. A method according to claim 29, wherein said analytical status data is also generated from life activities data of said individual.

45. A method according to claim 44, wherein said life activities data is input by said individual and transmitted to said central monitoring unit.

46. A method according to claim 45, further comprising storing said life activities data in said data storage device.

47. A method according to claim 29, further comprising generating data indicative of one or more contextual parameters of said individual, wherein said analytical status data is also generated from at least a portion of said data indicative of one or more contextual parameters.

48. A system for detecting and reporting one or more contextual parameters, comprising:

a sensor device which generates data indicative of one or more contextual parameters associated with an individual when placed in proximity with at least a portion of the human body;

means for transmitting said data from said sensor device to a central monitoring unit remote from said sensor device, said central monitoring unit including a storage device for retrievably storing said data, and said central monitoring unit being adapted to generate analytical status data based on selected portions of said data retrieved from said storage device; and

means for transmitting said analytical status data to a recipient.

49. A system according to claim 48, wherein said sensor device comprises one or more sensors for generating signals in response to one or more contextual characteristics.

50. A system according to claim 49, wherein said signals comprise said data indicative of one or more contextual parameters associated with said individual.

51. A system according to claim 49, wherein said sensor device further comprises a processor coupled to said sensors, said processor being programmed to generate said data indicative of one or more contextual parameters based upon said signals generated by said one or more sensors.

52. A system according to claim 51, wherein said processor generates said data by accumulating said signals generated by said sensors.

53. A system according to claim 52, wherein said data comprises a summary over a period of time.

54. A system according to claim 51, wherein said sensor device further comprises a memory, and wherein said data generated by said processor is stored in said memory prior to being transmitted to said central monitoring unit.

55. A system according to claim 48, wherein said central monitoring unit is adapted to generate one or more web pages containing said analytical status data, and wherein said means for transmitting makes said web pages accessible by said recipient over the Internet.

56. A system according to claim 55, further comprising a personal computer having web browsing software, said recipient accessing said web pages using said personal computer.

57. A system according to claim 48, wherein said means for transmitting transmits said analytical status data to said recipient over an electronic network.

58. A system according to claim 48, wherein said means for transmitting transmits said analytical status data to said recipient in physical form.

59. A system according to claim 48, further comprising means for obtaining life activities data of said individual, said life activities data being retrievably stored in said storage device, wherein said analytical status data is also generated from at least a portion of said life activities data.

60. A system according to claim 59, said means for obtaining comprising means for enabling said individual to input said life activities data and transmit said life activities data to said central monitoring unit.

61. A system according to claim 59, said means for obtaining comprising an input device for enabling said individual to input said life activities data, said input device being adapted to transmit said life activities data to said central monitoring unit.

62. A system for monitoring the degree to which an individual has followed a suggested routine, comprising:

a sensor device adapted to generate at least one of data indicative of one or more physiological parameters of said individual and derived data from at least a portion of said data indicative of one or more physiological parameters when placed in contact with at least a portion of the human body;

means for transmitting said at least one of said data indicative of one or more physiological parameters and said derived data from said sensor device to a central monitoring unit remote from said sensor device; and

means for providing life activities data of said individual to said central monitoring unit;

wherein said central monitoring unit is adapted to generate and provide feedback to a recipient relating to the degree to which said individual has followed said suggested routine, said feedback being generated from at least a portion of at least one of said data indicative of one or more physiological parameters of said individual, said derived data and said life activities data.

63. A system according to claim 62, wherein said sensor device comprises one or more sensors for generating signals in response to physiological characteristics of said individual.

64. A system according to claim 63, wherein said signals comprise said data indicative of one or more physiological parameters of said individual.

65. A system according to claim 63, wherein said sensor device further comprises a processor coupled to said sensors, said processor being programmed to generate said data indicative of one or more physiological parameters of said individual based upon said signals generated by said one or more sensors.

66. A system according to claim 62, said central monitoring unit including a data storage device for retrievably storing said data indicative of one or more physiological parameters of said individual, said derived data and said life activities data.

67. A system according to claim 62, wherein said central monitoring unit is adapted to generate derived data from at least a portion of said data indicative of one or more physiological parameters of said individual.

68. A system according to claim 62, wherein said routine comprises a plurality of categories.

69. A system according to claim 68, wherein said feedback is generated and provided with respect to each of said categories.

70. A system according to claim 69, wherein said categories include two or more of nutrition, activity level, mind centering, sleep, and daily activities.

71. A system according to claim 69, wherein at least a portion of said feedback is in graphical form.

72. A system according to claim 71, wherein said central monitoring unit is adapted to generate one or more web pages containing said feedback, said web pages being accessible by said recipient over the Internet.

73. A system according to claim 62, wherein said central monitoring unit is adapted to generate one or more web pages containing said feedback, said web pages being accessible by said recipient over the Internet.

74. A system according to claim 67 wherein said central monitoring unit is adapted to generate one or more web pages containing said feedback, said web pages being accessible by said recipient over the Internet.

75. A system according to claim 62, further comprising means for transmitting said feedback to said recipient over an electronic network.

76. A system according to claim 67, further comprising means for transmitting said feedback to said recipient over an electronic network.

77. A system according to claim 71, further comprising means for transmitting said feedback to said recipient over an electronic network.

78. A system according to claim 62, further comprising means for transmitting said feedback to said recipient in physical form.

79. A system according to claim 67 further comprising means for transmitting said feedback to said recipient in physical form.

80. A system according to claim 71, further comprising means for transmitting said feedback to said recipient in physical form.

81. A system according to claim 78, wherein said central monitoring unit is adapted to generate one or more web pages for each of said categories, said one or more web pages containing detailed information based on at least a portion of at least one of said data indicative of one or more physiological parameters of said individual, said derived data, and said life activities data.

82. A system according to claim 62, said means for providing comprising means for enabling said individual to input said life activities data and transmit said life activities data to said central monitoring unit.

83. A system according to claim 62, said means for providing comprising an input device for enabling said individual to input said life activities data, said input device being adapted to transmit said life activities data to said ~~monitoring server~~ central monitoring unit.

84. A system according to claim 62, wherein said recipient is said individual.

85. A system according to claim 62, wherein said recipient is a third party authorized by said individual.

86. A method of monitoring the degree to which an individual has followed a suggested routine, comprising the steps of:

receiving, at a central monitoring unit, at least one of data indicative of one or more physiological parameters of said individual and derived data based on at least a portion of said data indicative of one or more physiological parameters, said data indicative of one or more physiological parameters and said derived data being generated by a sensor device when placed in proximity with at least a portion of the human body;

receiving at said central monitoring unit life activities data of said individual;

generating at said central monitoring unit feedback relating to the degree to which said individual has followed said suggested routine, said feedback being generated from at least a portion of at least one of said data indicative of one or more physiological parameters of said individual, said derived data, and said life activities data; and

providing said feedback to a recipient.

87. A method according to claim 86, further comprising the step of generating at said central monitoring unit derived data from at least a portion of said data indicative of one or more physiological parameters of said individual.

88. A method according to claim 86, wherein said routine comprises a plurality of categories.

89. A method according to claim 88, wherein said feedback is generated with respect to each of said categories.

90. A method according to claim 89, wherein said categories include two or more of nutrition, activity level, mind centering, sleep, and daily activities.

91. A method according to claim 89, wherein said providing step comprises providing at least a portion of said feedback in graphical form.

92. A method according to claim 91, further comprising the step of generating at said central monitoring unit one or more web pages containing said feedback, wherein said providing step further comprises making said one or more web pages accessible to said recipient over the Internet.

93. A method according to claim 86, further comprising the step of generating at said central monitoring unit one or more web pages containing said feedback, wherein said providing

step further comprises making said one or more web pages accessible to said recipient over the Internet.

94. A method according to claim 87, further comprising the step of generating at said central monitoring unit one or more web pages containing said feedback, wherein said providing step further comprises making said one or more web pages accessible to said recipient over the Internet.

95. A method according to claim 86, wherein said providing step comprises providing said feedback to said recipient over an electronic network.

96. A method according to claim 87, wherein said providing step comprises providing said feedback to said recipient over an electronic network.

97. A method according to claim 91, wherein said providing step comprises providing said feedback to said recipient over an electronic network.

98. A method according to claim 86, wherein said providing step comprises providing said feedback to said recipient in physical form.

99. A method according to claim 87, wherein said providing step comprises providing said feedback to said recipient in physical form.

100. A method according to claim 91, wherein said providing step comprises providing said feedback to said recipient in physical form.

101. A method according to claim 86, wherein said life activities data is input into an input device by said individual, and wherein said input device is adapted to transmit said life activities data to said central monitoring unit.

102. A method according to claim 86, wherein said recipient is said individual.

103. A method according to claim 86, wherein said recipient is a third party authorized by said individual.